

Latest News from Down Syndrome WA

Newsletter 1 November 2021



Can't believe it's November already!!! The warmer weather is finally here to stay and Christmas holidays are just around the corner, so this will be the last newsletter for 2021.

Step UP! for Down syndrome was a massive success! Read all about it!

As usual, there are loads of good news, creative ideas for the best and easiest buttercream recipe, and as usual photos of our amazing kids and community.

We hope you enjoy this issue. Merry Christmas and a happy new year! 🎄

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What is happening at the Association?



It has been a very busy couple of weeks on the job as the new CEO. On day two, I attended the *Live your Potential NDIS Expo* at the Cannington Exhibition Centre & Showgrounds where we were on the job, cooking up a sausage sizzle storm! I had an amazing time, working alongside four of our awesome members, Viktor, Jessica, Kenichi (Ken) and Laughlan (Laughie). We were all kept very busy providing sausage sizzles and cool drinks to visitors and staff. We had some fun moments too, especially when the superheroes visited us!

We raised just over \$1000 towards our playgroups, which was a great effort by the team. A huge thank you to our members, their parents, carers and friends who came along to help. A mammoth thanks also to Jibu Mammen, Kathryn Salt and husband Evan Salt for making all the arrangements and setting up. A great day on the job!

Since then, I have attended a workshop on self-advocacy with Aim High Club, visited both playgroups and attended the Telethon Family Festival booth. The playgroups were fabulous and very welcoming. I even remembered a few Wiggles songs! The photobooth in Beneficiaries Lane was also great fun, where I got to meet more of our members. Enjoy the following selection of photos!



The association would like to warmly welcome our new
KiDS Club Coordinator, Ashleigh (Ash) Ginich



Step UP! for Down syndrome



StepUP! #21YourWay

On Sunday 24th of October, 400 members and friends of our DSWA community gathered on a beautiful spring day for this year's Step UP! for Down syndrome event.

The day started with a warm-up led by the girls from *Infinite Limits Dance*. At 10.00am, our walk commenced to the funky beats of the *Wasamba Carnival Drummers*, leading the way along the South Perth foreshore. Participants were cheered on at the finish line by the *Perth Allied Costumers* receiving a DSWA wristband, carry bag, a high five and photos.

The highlight of the day was the "DSWA has Talent Show", where we invited members to come up onto the *Radio Lollipop* stage and share their talent(s) with the crowd. We were entertained with singing and dancing from our members and it was great to see them full of confidence on stage!



Stepping up with Cup Cakes



Inspired by Eve's (Tracy Bicker's daughter) baking success with cupcake fundraising and advocating for her little brother Elliot, Genevieve Stepped UP for her brother Toby this year and baked up a storm!

Everyone in the family pitched in. Mum was head baker, Toby was part-time mixer, Genevieve was assistant baker and decorator and Aunty Rosalie was superstar multi-tasker. And finally dad was the Master cleaner-upper. We baked, decorated, and sold like crazy for 2xFridays. We sold over 500 cupcake at a local park and we had a long queue on the first day!

The community came out in a massive way for Toby and learn more about Down syndrome. We were overwhelmed with support and raised a grand total of \$2600.

Time to rest!
Ji Min



DSWA 2022 Playgroup Calendar

Our 2022 Calendar models were welcomed up on stage for a dance too.
You can purchase your 2022 Calendar NOW featuring 24 gorgeous models from our Playgroups: www.dsawa.bigcartel.com



Buy now!

Annual General Meeting



The 2021 Down Syndrome WA Annual General Meeting (AGM) was held on Wednesday 27th October at the offices in Cannington.

The AGM was well-supported with 27 members attending and closed at 7.30pm. All items of decision were passed without contention and no general business was raised. The only item to be raised was a vote of thanks to Kathryn Salt, who has been the Acting Chair since June this year. Kathryn has taken on a huge workload to provide support and guidance to the team whilst the CEO position was vacant.

The night didn't end until about 8.30pm with all members and guests remaining to enjoy some social interaction over a cuppa.

Your 2021/2022 Board Members are:

Kathryn Salt – Chair
Nia Parker – Vice Chair
Korena Xie – Treasurer
Jessica Davies – Secretary
Sebastien Malinge – Board Member
Holly Weinbrecht – Board Member
Sarah Levy – New Board Member
Barbara Shiel – New Board Member
Santina Ravenscroft – New Board Member
Brooke Canham – Board Advocate
Joshua Ford – New Board Advocate

Thank you to everyone who attended the AGM and hopefully, even more will attend the 2022 meeting, which will be held on Wednesday 21st September 2022.

Down Syndrome International Self-Advocacy Group



Photo: Andrew Domahidy pictured left, next to Board Advocate, Joshua Ford

Congratulations to Andrew Domahidy!

We are delighted to announce that Andrew has been appointed by Down Syndrome Australia as the new Australian representative for the Down Syndrome International Self-Advocacy Group. This post was previously held by Michael Sullivan (former member of the Down Syndrome Advisory Network, DSAN). Andrew went through a selection process with DSAN members and was the successful candidate.

This is a very exciting role for Andrew, and we know that he will be an outstanding member of the group. Congratulations again, Andrew!

Employment

Employment for adults with Down syndrome means a lot to them in more ways than one. Two of our participants were successful in gaining paid employment after completing their four weeks of work experience. In addition, three participants in Busselton have been successful in gaining paid employment at a well-known beach resort in Busselton.

Employment support mentors have played a very important role in supporting those adults into their new jobs. Thank you to... Matthew Teo, Leonie Radomiljac, Joseph Smith, Suzanna Olsen and Ashleigh Ginich for providing invaluable support to the respective participants.

We recently sought expressions of interest for Employment Ambassadors, for which several individuals applied for the role. Jessica Toster, Naomi Lake and Kenichi Gray from Perth, as well as Claire Robinson from Busselton have all been shortlisted as Employment Ambassadors for DSWA and will work with the Employment Services team to help promote open employment and contribute to the development of the *Get Ready for Work* program with Down Syndrome Australia.

Jibu Mammen
(Employment Connections Manager)

Annual Report



2020
-
2021
ANNUAL
REPORT



The DSWA team wish to acknowledge our Annual Report designer Kandi from *Indelible Imprint* for her extraordinary skills, but more importantly, her amazing patience and support as we compiled this year's Report. The Annual Report is now available for viewing via our website!



GRAPHIC DESIGN | COPYWRITING | PRINT MANAGEMENT

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Social Connection

DSWA Playgroups

Our playgroups are up and running again so if you have a child with Down syndrome 0-5 we would love for you to join us.



Perth Metro Playgroup

We have a new home!

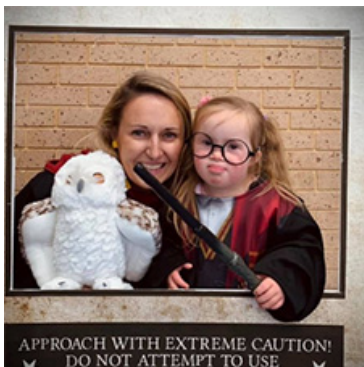
Colin Moore Community Centre, 724 North Beach Road, Gwelup.

If you have a child aged 0-5 years, join us on Friday mornings during school term, 9.30am - 11.30am.

Tracy, Nikki and Tom look forward to welcoming you soon.

South Metro Playgroup

Runs every Monday, 9.30am-11.30am, Warnbro Community and Family Centre. 1 Moreton Cres Warnbro.



KiDS Club



Next term, we have Christmas picnic to look forward to... Can you believe we are heading into the festive season soon?!

If you have a child aged 5-11 with Down syndrome and would love to network with other families while giving your children access to fun and exciting activities, please email office@downsyndromewa.org.au for more information.



FrienDS for Life

If you have any queries, please don't hesitate to reach out and I will be very happy to answer them. Claire (Coordinator)

friendsforlife@downsyndromewa.org.au

FrienDS for Life is an NDIS service.

Please contact office@downsyndromewa.org.au for more information.

Aim High Club

We are at our busiest time of the year and looking forward to wrapping up 2021 with a handful more of memorable events. Our November calendars are now out, and registrations are only open for another week!

At the end of September, 15 of our adult members spent two nights at the Swan Valley Adventure Centre (SVAC), participating in a variety of fun (and often challenging) individual and team activities! Activity highlights of this getaway included archery, canoeing, the commando course and flying fox. We'd like to thank the staff at SVAC for being so accommodating and running such an awesome weekend for us. Here are some photos to share with you:



[View more photos](#)

If you or someone you know would like to give Aim High Club a try this Summer, please get in touch as we welcome new members year-round!

Suzanna (Coordinator)

aimhigh@downsyndromewa.org.au

Member Profiles

Click profile photo below to read more.



DSWA Events

The Rotary Club of West Perth Presents International Entertainment's

World Festival of Magic

Auslan Interpreted & Accessible Performances

FREE EVENT

Sunday 14th November 2021

@ 11.00 am / 1.30 pm / 4.00 pm

The Astor Theatre, Mount Lawley, WA

Can't attend the live show?... Watch it directly from our stage to your screen with unlimited and on-demand viewing available from late November 2021

Featuring...



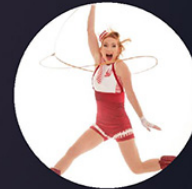
Samantha Smith -
Contortionist



Renee Wingfield



The Magicians -
Adam & Selina



YeehaBetty

To Book Your Complimentary Tickets and Register for Online Access

Please Email meredithnewman@showintent.com.au

or Call 0404-367-782

'Accessible Performances' are for anyone who would benefit from a more flexible, relaxed environment - this can include but is not limited to people with autism, sensory sensitivities, learning disabilities and those living with anxiety or who have experienced trauma. During these performances, there is a relaxed attitude to audience noise, doors will remain open, and lights will be dimmed. Patrons can leave the auditorium to take a break, and a designated quiet area will be available.

This incredible event provides people of all ages, abilities and backgrounds with an opportunity to experience world-class entertainment in an inclusive, accessible and safe environment where they feel free to be themselves without restriction or judgement.
A magical family show not to be missed. Suitable for all ages.

The Rotary Club of West Perth is thrilled to invite DSWA members to their annual 'World Festival of Magic' accessible and Auslan interpreted performances.

If you can't attend a live show, a virtual option will be available on-demand from late November. To book your complimentary ticket or register for online access, contact meredithnewman@showintent.com.au or call 0404367782



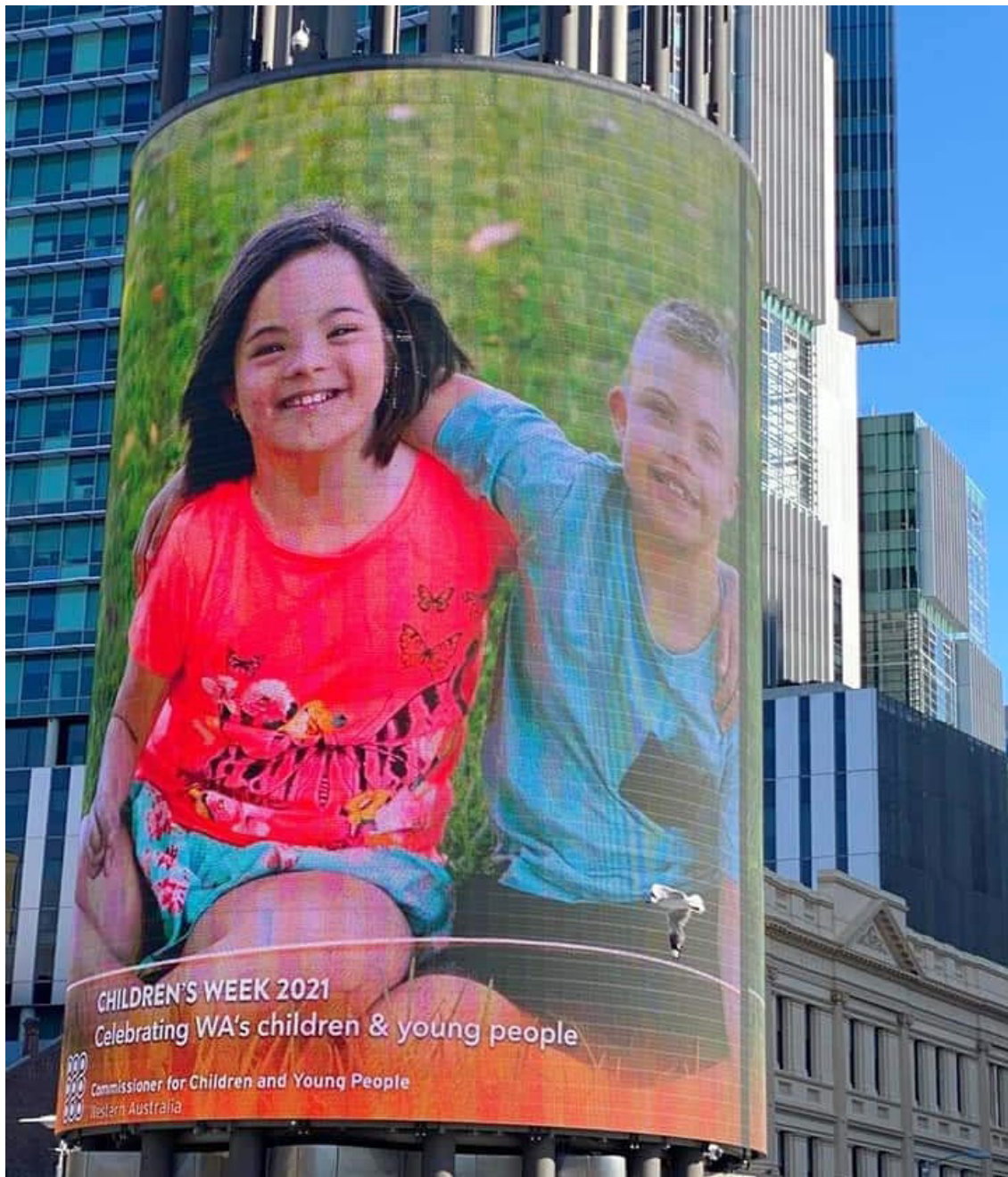
Save the date
Sunday 12th December

DSWA 0-12 Christmas Party

 SAVE THE DATE 

DSWA's 0-12years Christmas Party will be on **Sunday the 12th of December**.
Put the date in your calendar now and keep an eye out on Facebook DSWA
Playgroup page for more details coming soon.

Good News



If you are in Yagan Square, look up at the big screen and you just might see these two DSWA members Lily and Wil. What a perfect photo for Childrens Week 2021 'Celebrating WA's Children and Young people'

How awesome is this 😍

When you've been in catalogues, on magazine covers, in newspapers, online ads, online articles and on TV, I guess all that's left is a billboard 🙄

Lil and her best mate Wil are up on the big screen at Yagan Square at the moment. How awesome is that!!

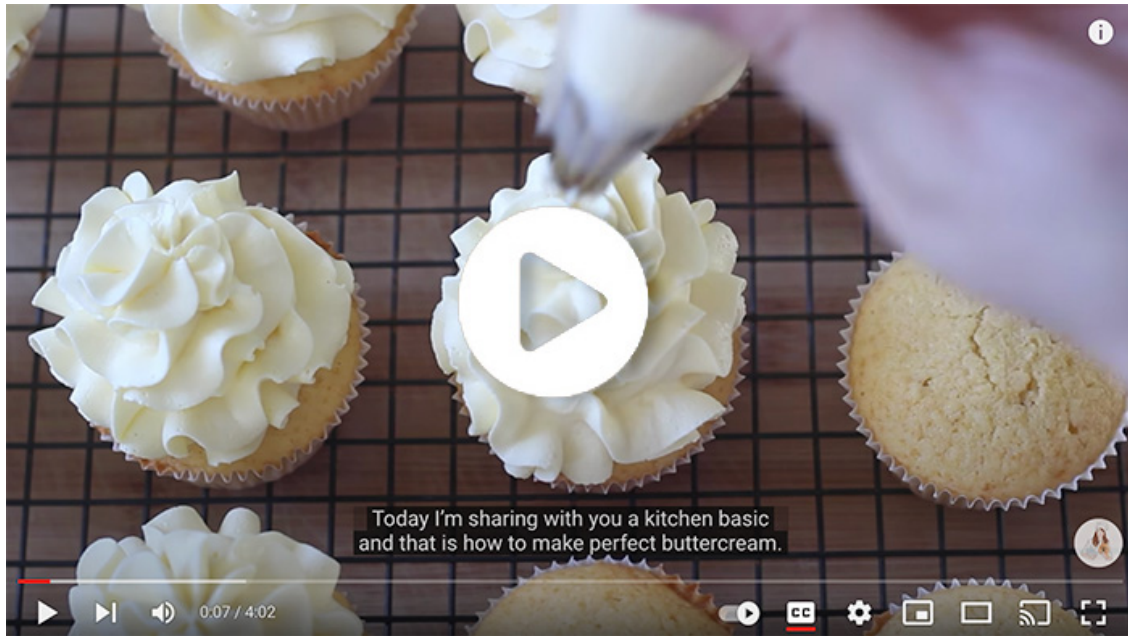
It's also awesome because it's got nothing to do with the fact that they have Down syndrome, it's celebrating Children's week and these two gorgeous models just happen to be rocking an extra chromosome ❤️

[#theadventuresofwilandlil](#) [#downsyndrome](#) [#ds](#) [#t21rocks](#) [#t21](#) [#inclusion](#) [#inclusionmatters](#) [#inclusiveadvertising](#) [#perth](#) [#perthisok](#) [#yagansquare](#)

Emily Kate

Creative Corner

Yummy, smooth easiest buttercream recipe



Buttercream frosting, believe it or not, is the easiest thing to make! With the right recipe you can WOW the most fussiest of cake connoisseurs.

RECIPE

Enough for 12 Cupcakes

1 Cup Butter (salted or unsalted)

3 Cups Icing Sugar | Powdered Sugar (we just use 2 cups)

2 Tablespoons Milk

Add room temperature butter to a bowl. Beat the butter for 5 minutes until it has become light and airy, doubled in size and lost most of its colour. Start adding the icing sugar half a cup at a time, beating for about a minute in between each addition. Use the milk to thin out the consistency of the icing, add it a teaspoon at a time. This is also the time to add any flavourings or colourings that you would like. This icing can last in the fridge for a few weeks or the freezer for 3 months. When you are ready to use just let it get back up to room temperature.

Decorate!!!

This is Toby helping Mum whip up this buttercream recipe for the cupcake fundraising.



*Stay well everyone and please contact us if you have any questions.
We are here to support, inform and connect our Down syndrome Community.*

**If you know anyone who can benefit from this newsletter,
forward this email and ask them to subscribe. Thank you!**

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